

## Chao Lak & Surroundi





Khao Lak, located in Phang-Nga province is an area rich in history, culture and natural attractions. Home to some of the country's best beaches, it has become the ultimate getaway for those seeking a quieter and more pristine holiday.

Emerging as a high-class quality destination, it has gained quick popularity for its picturesque surroundings and A class resorts. Here one can find miles of white sandy beaches with neat little coves, many hidden from view, far from the crowds. It is a place one comes to get in touch with nature and to get in touch with themselves. The only sounds are the unrolling of the surfs and the singing of birds among the foliage.



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# ak & Surrounding Area







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one comes to get in touch with nature and to get in touch with themselves. The only sounds are the unrolling of the surfs and the singing of birds among the foliage.

Filled with national parks that provide the best grounds for adventure and eco-tourism, Khao Lak is also a jumpstart to the country's best scuba diving grounds. Whether traveling with a family or as a couple, there are a myriad of activities that will make the holiday a remarkable and indeed memorable one.



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#### National Parks in Phang Nga Khao Lak - Laem Ru National Park

Located about 33 kms south of Takua Pa, the park consists of a variety of landscapes and is a paradise for nature lovers. On one side it is fringed with the emerald waters of the Andaman that is also home to abundant coral beds while the other side is shrouded by the tapestry of lavishly verdant jungle, an excellent habitat to the rare species of animals and plants. Take the opportunity to witness nature at its very best by taking an adventure in the dense jungle. You could go elephant riding, trekking on the nature trail or canoeing along the ridge of mangrove

#### Similan Islands National Park

The archipelago, rated as one of the world's top ten dive destinations is comprised of nine islands and numerous other small rock outcroppings. If one wanted an Idea of what heaven would be like, this is the place to visit as the islands are beautifully lined with crystal white beaches and tropical jungles and the sea bed varies from gently sloping coral reefs to deep rocky gorges and dizzying landscapes. Visited mainly for the abundant coral beds and exotic marine life, it provides the sentiment of escaping to another realm. A Similar diving cruise is a fascinating voyage that often ends too soon.

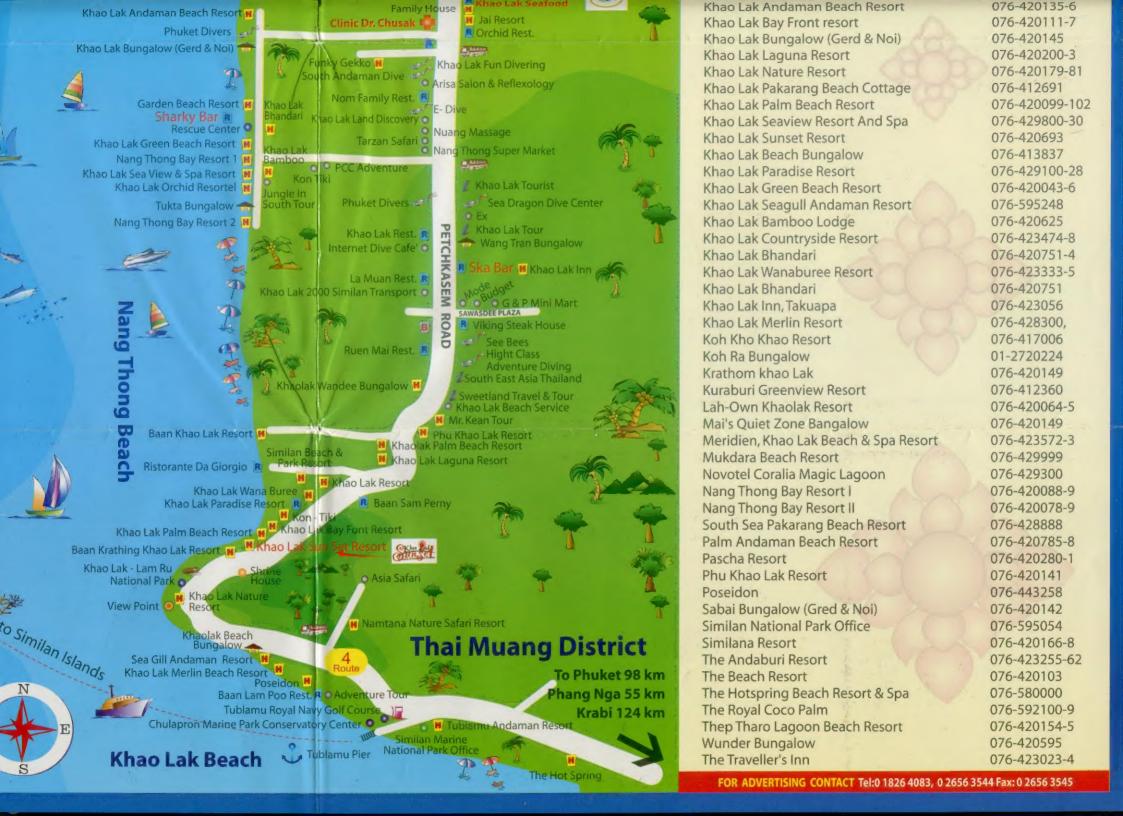
#### Surin Islands National Park

Located roughly 60 km off the west coast of Phang Nga province, this national park is an archipelago of five islands. Similar to the Similans, it is visited for its excellent diving, snorkeling, trekking and game fishing. There are also those who come here to find quiet refuge from the more developed areas. One of its main islands the Surin Nua (north) is home to a community of around 150 Moken, or "sea gypsies", who have settled there on a semipermanent basis for several decades.

#### Sri Phang Nga National Park

The hills that run parallel to the Andaman coast is what makes up this park. Being the source of a number of streams and waterfalls, the park is dotted with cliffs and is perfect for those seeking something adventurous. Most of the park is moist evergreen forest, with an abundance of wild flora, fauna and animals like the Malaya tapir, elephant, barking deer, bear, tiger, mouse deer, gibbon, macaque, langur, wild pig and a large variety of birds.









#### Activities in Khao Lak

Khao Lak has a lot to offer. There is something for just everyone. Whether you're a nature tourist looking to explore the wilderness, the adventurous kind looking for thrill and excitement or you just want to spend a quiet holiday soaking up the sun, you have reached the right location. So now that you're here what can you do? There are numerous activities or non-activities catering to perhaps every taste and budget.

#### Diving

Khao Lak is a jumpstart to one of the world's best scuba diving grounds. The archipelago of Similan Islands and Surin Islands off the coast of Khao Lak will sweep you off your feet by its immense beauty, not just above water but under as well. The naturally blessed well-developed marine ecosystem of these two island groups has attracted increasing number of visitors since its discovery by some savvy divers years ago. Popular live-aboard diving excursions especially to the Similan Islands can be arranged.

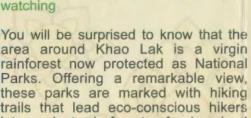
#### Snorkeling

For those not into diving but still wanting a taste of the beautiful marine life, masks and fins can be rented at many shops or even your hotels. The Similans and Surin also make great snorkeling grounds. In addition, around forty minutes offshore by long tail boat from Khao Lak beach is an extensive coral reef as huge as a garden that makes for an interesting snorkeling trip. At the location is also a nice viewpoint for an impressive panorama of the Andaman Sea. The view of the sunset from here is spectacular, giving off the feeling that you're sitting at the edge of the world. A very romantic atmosphere too!

#### Swimming

Khao Lak beach in itself is a marvel. A long stretch of white sandy beach running parallel to Khao Lak mountain, it is extremely beautiful. The beach is naturally decorated with granite boulders creating a stark contrast making the place even more magnificent. The waters are warm making the area just right for swimming.





area around Khao Lak is a virgin rainforest now protected as National Parks. Offering a remarkable view, these parks are marked with hiking trails that lead eco-conscious hikers into verdant rain forests of unimagined beauty there are still elephants and tigers in the wild. Khao Lak-Lamru National Park, features hills, beaches, estuaries and mangroves and is an ideal place for trekking. It allows visitors to explore waterfalls in their wonderful setting and view wild birds and animals. Sri Phang-nga National Park, with virgin forests, is another nice

Trekking / Elephant trekking / Bird

location for trekking and also for hiking and camping. Travel agencies in the area can help you plan and conduct many pleasant trekking tours.



Apart from trekking on foot, there is a lot to do at the parks. Elephant Trekking has emerged as one of the more popular activities. It is a wonderful way to see nature at its best and visitors often spend their entire day on elephant back exploring the interior of the parks. The tropical rainforest makes for a very interesting ride with all sorts of animals from tigers to elephants to gibbons to a large species of birds all in their natural habitat.

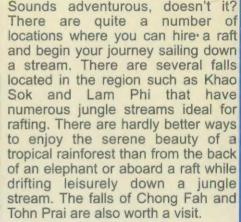




If you're looking for some action, then canoeing is definitely for you. Khao Lak is in the heart of the most remarkable landscape of the kingdom. With its extraordinary seascape of limestone outcrops separated from one another and cliffs rising sheer from the sea, it makes for a very fun canoeing trip. The small size of a canoe enables tourists to enter inner chambers of the cave systems on sea with a beautiful world inside. Not enough, even in the national parks around there are scenic



#### Rafting



views of verdant forests that can be

explored on a canoe. Ton Patiwat

Wildlife Sanctuary is another place,

a luxuriant forest with a waterfall and

stream that is great to tour by canoe.



#### Spas

So after all that rigorous activity at the beach or even otherwise there is no better way to spoil yourself than taking advantage of the innumerable spas that dot this little town. A sensual experience, enjoy the luxury of relaxing and rejuvenating yourself with the various treatments offered. They are all in beautiful and tranquil settings so you get the most out of the experience, mind as well as body. There are massages and herbal steams, mud wraps and acupuncture all to nourish the mind, body and spirit. Lately they have become centers that even extend to fitness, stress management, yoga, peace of mind, pampering and pleasure, health and wellness. An unforgettable experience that will make you feel new again.



The natural beauty, the lovely long beach and the peaceful atmosphere all make Khao Lak a mecca for many travelers from all over the world. Enjoy your stay here!



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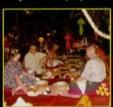
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Thai is a tonal language. The same word (when spelt in English) can be said in five different ways - each with a different tone attached to it and hence a different meaning altogether.

Like English it is read from left to right, but that's where the similarities end. Some English sounds like "th" and "z" don't appear at all, while some Thai sounds are not commonly used in English either.

There are no plurals in Thal, nor are there tenses as such.

A word or two is usually added to determine the past, present or future. If you run into difficulties remember to speak slowly and clearly, stick to the simple present tense and don't use slang or idioms.

In Bangkok, Pattaya, Phuket and other major cities, the level of English is quite good, but tourists will find that the Thai's ability to speak English diminishes as one moves further away.

In Thai there is a "politening" word attached to the end of anything you say. For men it is "khrap," for women it is "kha." The words have little if any direct translation but a Thai will think very highly of you if you use it.

Learning Io count to 10, and saying "thank you" and "excuse me" will bring you great admiration from the locals. Learning the numbers also dose wonders for your bargaining prowess.

Hello: sawat-dee (Khrap/kha) Thank you (very much): Khob khun (mahk) Never mind/that's airight: mai pen rai

Excuse me: Khor thod

Yes: chai No: Mai chai one: neuna two:sorna three: sahm four: see five: hah six: hok seven: jed eight: bat nine: gao ten: slb twelve: sip-sorng eleven: sip-et thirteen: sip-sahm fourteen: sip-see fifteen:sip-hah sixteen: sip-hok seventeen: sip-jed eighteen: sip-bat

nineteen: sip-gao twenty: yee-sip twenty-one: yee-sip-eta hundred: neung roi, roi or roi neung a thousand: pun ten thousand: meun a hundred thousand: sann a million: lahn I (male): pom I (female): chun You: khun He/she/they: kow We: row

It:mun How much:tao rai Where is...?:yoo tee ny What time?:gee mong Why?:tummai When?:meua-rai

Who?:krai

#### DO'S AND DONT'S

The Thai people are well known for their tolerance, hospitality and cheerfulness. They will ignore the small blunders of social etiquette that you are certain to make. For the average tourist it's very difficult to go wrong. Just smile a lot, avoid confrontation, and don't insult the

The Monarchy

All members of the Royal Family are held in the highest reverence in Thailand and visitors should show similar respect. Negative remarks about the monarchy will offend and may carry severe punishment in Thailand. When the national anthem is played, at 8.00 am and 6.00 pm everyday and at public events or in cinemas, for example, you are expected to stand. The best guide is to check what other people are doing and follow suit.

Religior

Do not insult anybody's religion in any way, whether it is the majority religion, Buddhism, or any of the minority faiths. This also extends to proper conduct in temples or any location containing religious images.

Do not wear shoes inside the main chapel of a temple where the principal Buddha image is kept. It's OK to wear shoes in the temple compound.

Each Buddha Image, large or small, ruined or not, is regarded as a sacred object. Never climb onto one to take a photograph or do anything that might indicate a lack of respect.

In a Muslim mosque, men should wear prayer hats and women should be well covered with slacks or a long skirt, a long-sleeved blouse buttoned to the neck, and a headscarf.

Buddhist monks are forbidden to touch or be touched by a woman, or to accept anything from the hand of one. If a woman has to give anything to a monk, she first hands it to a man, who then presents it.

Social Norm

In the big cities such as Bangkok and Phuket, Western customs are well known and widely accepted. Upcountry, traditional customs and social behavior are still used. Here are a few customs to keep in mind.

Thais don't normally shake hands when they greet one another, but instead press the palms together in a prayer-like gesture called a wai. It is usually a younger person who 'wais' an elder, who returns it.

Thais regard the head as the highest part of the body, literally and figuratively. Therefore, avoid touching people on the head.

Similarly, the foot is considered the lowest part of the body. Don't use your feet to point at either people or objects. Don't touch anyone with your feet. Don't rest your feet on tables or chairs. Don't step over people – always walk around or politely ask them to move.

Shoes should be removed when entering a private Thai home.

In Thai society, losing your temper or even speaking loudly is a sign of poor bre ing 'face' is of paramount importance. Never raise your voice or show anger, it will get you nowhere. Keeping cool, hiding your emotions and smiling is far more productive.

#### Useful Telephone Numbers

Telephone Services

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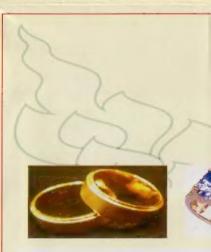
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